



**WELL CHILD EXAM - LATE
CHILDHOOD: 8 YEARS**
(Meets EPSDT Guidelines)

DATE

LATE CHILDHOOD: 8 YEARS

PARENT AND CHILD TO
COMPLETE ABOUT CHILD

CHILD'S NAME

BROUGHT IN BY

DATE OF BIRTH

ALLERGIES

CURRENT MEDICATIONS

ILLNESSES/ACCIDENTS/PROBLEMS/CONCERNS SINCE LAST VISIT

TODAY I HAVE A QUESTION ABOUT:

YES NO

☐ ☐

My child eats breakfast every day.

YES NO

☐ ☐

My child seems rested when he/she awakens.

☐ ☐

My child is doing well in school.

☐ ☐

My child handles stress, anger, frustration appropriately.

☐ ☐

My child has one or more close friends.

☐ ☐

My child gets some physical activity every day.

WEIGHT KG/OZ. PERCENTILE

HEIGHT CM/IN. PERCENTILE

BLOOD PRESSURE

☐ Review of systems

☐ Review of family history

Screening:

Hearing

MHZ

R

L

4000

2000

1000

500

Vision

R

20/

L

20/

N

A

Development

☐

☐

Behavior

☐

☐

Social/Emotional

☐

☐

Mental Health

☐

☐

Physical:

N

A

General appearance

☐

☐

Chest

N

A

Skin

☐

☐

Lungs

☐

☐

Head

☐

☐

Cardiovascular/Pulses

☐

☐

Eyes

☐

☐

Abdomen

☐

☐

Ears

☐

☐

Genitalia

☐

☐

Nose

☐

☐

Spine

☐

☐

Oropharynx/Teeth

☐

☐

Extremities

☐

☐

Neck

☐

☐

Neurologic

☐

☐

Nodes

☐

☐

Gait

☐

☐

Describe abnormal findings and comments:

Diet

Sleep

☐ Review Immunization Record

☐ TB

☐ Dental Referral

☐ Hct/Hgb

Health Education: (Check all discussed/handouts given)

☐ Nutrition

☐ Child care

☐ Development

☐ Regular Physical Activity

☐ Seat Belt

☐ Reading/Homework

☐ Passive Smoking

☐ Bedtime Rules

☐ Helmets

☐ Dental Care

☐ Puberty

☐ Other:

Assessment/Plan:

IMMUNIZATIONS GIVEN

REFERRALS

NEXT VISIT: 10 YEARS OF AGE

HEALTH PROVIDER NAME

HEALTH PROVIDER SIGNATURE

HEALTH PROVIDER ADDRESS

Your Child's Health at 8 Years

Milestones

Ways your child is developing between 8 and 10 years of age.

They continue to get permanent teeth and lose their baby teeth.

Some girls' breasts will begin to grow between eight and ten years of age. Talk with her about her growing body as this starts to happen.

Eight year olds can make their own bed, set the table and bathe themselves.

You can help your child learn new things by talking and playing with her. Make a game of practicing using hand signals or saying "No" when a stranger offers her a ride.

For Help or More Information

Child health and development: Healthy Mothers, Healthy Babies Information and Referral Line 1-800-322-2588.

Car seat safety: Safety Restraint Coalition, 1-800-BUCK-L-UP (voice) or 1-800-833-6388 (TTY Relay)

Firearm safety:
Safe Storage Hotline,
1-800-LOK-IT-UP (565-4887)

Parenting Skills or Support: Family Help line, 1-800-932-HOPE (4673) Family Resources Northwest, 1-888-746-9568
Local Community College Classes

Health Tips

Talk with your doctor about a hearing test and an eye test, if your child's school does not offer them.

Your child should brush daily with fluoride toothpaste. Make sure he sees the dentist every 6 months. Ask the dentist about when you should teach your child to use floss (or floss between his teeth).

Keep snacks available for busy children. Your child needs fruit, vegetables, juice, and whole grains for growth and energy. Sodas, candy, and chips should be treats for once a week.

Parenting Tips

Most children learn by watching and then doing. Show and tell her how to do a job. Then have her do it while you watch. Tell her what she did right first, and then tell her what she needs to do differently.

Many children often cannot pay attention for more than 15 minutes at this age. Chores and lessons need to be short. They will need many reminders about how to do the job and lots of praise.

Eight is a good time to begin a hobby. Help your child find an activity he can be good at. Reading can be a way to find a hobby.

Safety Tips

Practice safe walking and bike riding with your child. Have him teach you how to watch for cars and cross with the light.

Even children who can swim are not safe alone in water. Do not let your child play around streams, rivers, lakes, irrigation canals, or ditches unless an adult is watching.

She should learn the hand signals when riding a bike. By nine, she may be ready to ride on the street and cross the street alone.

A simple rule to protect your child from many dangers is: "Always tell your parents or another adult when anyone tells you not to tell or to keep a secret."

Guidance to Physicians and Nurse Practitioners for Late Childhood (8 years)

The following highlight EPSDT screens where practitioners often have questions. They are not comprehensive guidelines.

Fluoride Screen

Fluoride supplements should be considered for all children drinking fluoride deficient (<0.6 ppm F) water. Before supplements are prescribed, it is essential to know the fluoride concentration of the patient's drinking water. Once the fluoride level of the water supply has been evaluated, either through contacting the public health officials or water analysis, as well as evaluating other sources of fluoride, the daily dosage schedule can be recommended. Pediatric Dentistry: Reference Manual 1999--00.(21)5.

Bed-wetting

Most children who wet the bed overcome the problem between 6-10 years of age. Even without treatment all children eventually get over it. It is important for primary care practitioners to discuss with parents any concerns about their child's incontinence and potential treatment options during the annual exam. Use clinical judgment with treatment.

Hepatitis B Vaccine

- For children and adolescents not vaccinated against hepatitis B in infancy, begin the hepatitis B vaccine series during any childhood visit. Give the second dose at least one month after the first dose and give the third dose at least four months after the first dose and at least two months after the second dose. Hepatitis B vaccine is required for school entry.

Developmental Milestones

Always ask about and follow-up on parent concerns about development or behavior.

Yes No

☐ ☐ States phone number, home address.

☐ ☐ Has close friend(s).

☐ ☐ Reading and math at grade level.

Instructions For Developmental Milestones

If you have checked "no" on any two items, refer the child for a formal developmental assessment.

Notes: Immunization schedules are from the Advisory Committee on Immunization Practice of the U.S. Centers for Disease Control and Prevention.